



TAEKWONDO PROMOTION TESTING APPLICATION RED BELT TO BODAN BELT

LAST NAME: _____

FIRST NAME: _____

AGE: _____

DATE OF TESTING: _____

APPLICATION DUE: Wednesday before test by 8:30pm

TEST TIME: _____

CURRENT RANK: _____

FILL IN RANK / TESTING FOR:		
RED	BROWN	BODAN
BODAN 1st Ref.	BODAN 2nd Ref.	BODAN 3rd Ref.

TESTING FEE: \$50 -check the appropriate fee rate
to attend *regular* testings(odd months, see schedule dates)
Each Student Must Have Full Sparring Gear By Red Belt Testing

\$50 if turned in **BEFORE** 8:30pm on application due date

+\$10 for Private Test by appointment - see office

+\$5 if turned in **AFTER** 8:30pm on application due date

READ AND CHECK THE FOLLOWING BOXES:

- Yes, I understand that this application may be turned in early, and absolutely **MUST BE** turned in by **8:30pm** on the **Wednesday** before testing to receive the **discounted testing fee price**.
- Yes, I have completed the worksheet on the back of this form. The Master An's manual contains all the answers. A class is offered every week to help with studying the manual and general terminology sheet.
- I will bring my sparring gear to the test.
- I will attend Part 1 test on Thursday() / Friday() -please check the date
- I may submit this application after earning my green stripe.

ANSWER IF THE APPLICANT IS OF SCHOOL AGE:

- Yes, I have attache a home report card graded by a parent or guardian.
- Yes, I finished write recommendation letter.

**do not write in the box below
for judges only**

BASICS

Flexibility.....	A	A-	B	B-	C	C-	R
Sit-ups.....	A	A-	B	B-	C	C-	R
Push-ups.....	A	A-	B	B-	C	C-	R
Falling(Nak-bub)....	A	A-	B	B-	C	C-	R
Jump Rope.....	A	A-	B	B-	C	C-	R
Speed.....	A	A-	B	B-	C	C-	R
Power.....	A	A-	B	B-	C	C-	R
Snap.....	A	A-	B	B-	C	C-	R
Focus.....	A	A-	B	B-	C	C-	R
Ki-Hap.....	A	A-	B	B-	C	C-	R

HAND TECHNIQUES

Blocks.....	A	A-	B	B-	C	C-	R
Combinations...A	A	A-	B	B-	C	C-	R
Stances.....	A	A-	B	B-	C	C-	R

KICKING TECHNIQUES

Basic kick.....	A	A-	B	B-	C	C-	R
Combination kick...A	A	A-	B	B-	C	C-	R

SELF-DEFENSE/ONE-STEP

Understanding.....	A	A-	B	B-	C	C-	R
Coordination.....	A	A-	B	B-	C	C-	R
Power/control.....	A	A-	B	B-	C	C-	R

POOMSE(FORM) Taeguek

Coordination.....	A	A-	B	B-	C	C-	R
Ki-hap/yell.....	A	A-	B	B-	C	C-	R
Power.....	A	A-	B	B-	C	C-	R

SPARRING.....A A- B B- C C- R

BREAKING.....A A- B B- C C- R

TERMINOLOGY.....A A- B B- C C- R

GENERAL REMARKS

Discipline.....	A	A-	B	B-	C	C-	R
Attitude.....	A	A-	B	B-	C	C-	R
Concentration.....	A	A-	B	B-	C	C-	R
Confidence.....	A	A-	B	B-	C	C-	R

Comments _____

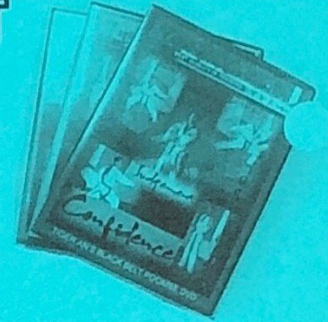
RESULTS

PASS RETEST HOLD





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- *Complete the following worksheet, all answers have covered in class and are in the Master An's manual or terminology sheet.
- *Parents may assist young children with this worksheet.
- *Classes are available every week to help study the manual
- *Practice your test poomse with Poomse DVD (even new poomse after test)
Poomse DVD's are available in pro-shop. (ask in office)

1. Count one to 5 in Korean: _____
2. Where does Taekwondo come from? _____
3. What does "Joon-bee" mean? _____
4. How do you say "Thank you"? _____
5. What does "Cha-ryot" mean? _____
6. What does "Yup-Cha-gie" mean? _____
7. What is the your name of the Poomse? _____
8. How many moves does your poomse have? _____
9. When was Taekwondo an official full medal Olympic sport? _____
10. What does "Cha-gie" mean? _____
11. What have you improved since last testing? _____

12. What is your favorite part of Taekwondo class? _____
